Dashing Whippets 2025 Training Plan for the London Marathon (Advanced Plan)

This *advanced* 17-week plan helps runners prepare for the London Marathon. Experienced runners should have logged at least 40 miles per week for at least a month before beginning this plan and feel **Overview:** comfortable with completing two workouts per week throughout the cycle

| • | | , | | | | • | • | |
|------------------------------------|----------------|---|--|---|---|---|---|--|
| | | Monday | Tuesday | Wednesday REST, easy run, | Thursday | Friday REST, easy run, | Saturday | Sunday |
| | urpose | Recovery Run | Long interval workout | or cross train | Short interval workout | or cross train | Long run | REST, easy rur or cross train |
| 30-Dec Lactate Thresh Endura VO2M | nold, ance, | 45-55 min easy with strides/ drills | 2M w/u; 3-6 x 1 Mile @ Lactate Threshold w/ 90 sec recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | ∠M W/u, ∠ x (8 x ∠UU) @ mile pace w/ equal part recovery, 800m recovery between 2 sets, 2M c/d | REST or up to 45 min easy with strides/ drills | 12-16 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |
| 6-Jan Lactate Thresh Endura VO2M | nold, ance, | 45-55 min easy with strides/ drills | 2M w/u; 2 x 1 Mile @ Threshold + 2-4 x 1k @ Threshold; 2M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 2M w/u, 3-4 x 200/200/400 @ mile pace w/ equal part recovery, 2M c/d | REST or up to 45 min easy with strides/ drills | to include MP Miles up | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |
| 13-Jan Lactate Thresh Endura VO2M | nold, ance, | 45-55 min easy with strides/ drills | 2M w/u, 3 x 2K @ Threshold + 3 x 1K @ Threshold, 2M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 2M w/u, 5-8 x 800m @ 5k w/ | REST or up to 45 min easy with strides/ drills | | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |
| 20-Jan Lactate Thresh Endura VO2M | nold, ance, | 45-55 min easy with strides/ drills | 2M w/u; 3-6 Miles @ HMP; 2M c/d For Racers: Only 2-3 Miles @ HMP | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | | REST or up to 45 min easy with strides/ drills | Racers: REST or up to 30 min easy with strides/ drills Non Racers: 12- 16 Miles @ Long Run Pace | Fred Lebow |
| 27-Jan Lactate Thresh Endura VO2M | nold, ance, | 45-55 min easy with strides/ drills | 2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | | REST or up to 45 min easy with strides/ drills | Racers: Racers: RESI or up to 30 min easy with strides/ drills Non racers: 14 to 18 Miles @ Long Run Pace | Manhattan 10K |
| 3-Feb Lactate Thresh Endura VO2M | nold, ance, | 50-60 min easy with strides/ drills | 2M w/u; 2-3 x 2 Mile @ Threshold w/ 2 min recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | | REST or up to 45 min easy with strides/ drills | 15 to 19 Miles *Option to include MP Miles up to 15% of weekly volume | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |
| 10-Feb Lactate Thresh Endura VO2M | nold, ance, | 50-60 min easy with strides/ drills | 2M w/u, 6-8 Miles @ MP, 2M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | 2M w/u, 6 x 400 w/ 400 recovery + 8 x 200 w/ 200 recovery, 2M c/d | KEST or up to 45 min easy with strides/ drills | 16 to 20 Miles | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |

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| • | | Monday | Tuesday | Wednesday | Thursday | Eridov | Saturday | Sunday |
|---------------------|--|---|--|---|--|--|---|---|
| | | Ivioriday | Tuesday | REST, easy run, | Indisday | Friday REST, easy run, | Saturday | REST, easy run, |
| Week | Purpose | Recovery Run | Long interval workout ZM W/U, 3 Miles (Ø) MP, 5 min | or cross train Crosstrain/ | Short interval workout | or cross train | Long run 14 to 18 Miles @ long | or cross train Crosstrain/ |
| 8 | Threshold, Endurance, VO2Max | 50-60 min easy with strides/ drills | Easy, 2 Miles @ HMP, 5 min Easy, 1 Mile @ Threshold, 2M c/d | Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 4-5 x 1600m @ 10K, 400m recovery; 2M c/d | 45 min easy with strides/ drills | run pace *Option to include MP Miles up to 15% of weekly volume | Yoga/ 0 to 45 min easy w/ strides & drills |
| 24-Feb | Lactate Threshold, Endurance, VO2Max | 50-60 min easy with strides/ drills | 2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4 x 200 + 2-3 Miles Threshold + 4 x 200 Racers: Run Easy | ドロン or up to 45 min easy with strides/ drills | 16 to 20 Miles @ long run pace | Washington Heights 5k |
| 3-Mar | | | | | | | | |
| 10 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 6-10 Miles @ MP, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 6-8 x 800 @ 5K, 400m recovery, 2M c/d | KES I or up to 45 min easy with strides/ drills | 17 to 21 Miles @ long run pace | |
| 10-Mar 11 | Specific Prep, Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 4-5 x 2K @ Lactate Threshold, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 4 x 1200m @ 10K, 400m recovery + 4 x 400 @ 5K, 200m Recovery; 2M c/d | RESI or up to 45 min easy with strides/ drills | 14-16 Miles "Option to include MP Miles up to 15% of weekly volume | NYC Half |
| 3/17 12 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 6-10 Miles @ MP, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4-6 x 1000m @ 5K (600m Recovery), 2M c/d | ドロン or up to 45 min easy with strides/ drills | 18 to 22 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 3/24 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 8-12 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 4-6 x 1200m @ 5K, 600m recovery; 2M c/d •If running the MP Long Run, Run Easy today | REST or up to 45 min easy with strides/ drills | 18 Mile w/ 16 @ Marathon Pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 31-Mar | Specific Prep, Sub Threshold, Lactate | 50-60 min easy with | 2M w/u, 10-12 x Canova K, | Crosstrain/ Yoga/ 0 to 55 min easy w/ | 2M w/u; 5 x 600 @ 5K (400m | REST or up to 45 min easy with strides/ | 18 to 22 Miles @ long | Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 14 | Buffering | strides/ drills | 2M c/d | strides & drills | recovery); 2M c/d | drills | run pace | strides & drills |
| 7-Apr | Lactate | 45-55 min | ZIVI W/U, 3 X ZK @ Lactate Threshold (Roughly 15K pace)+3 x 1K @ Lactate | Crosstrain/ Yoga/ 0 to 55 min easy w/ | 2M w/u, 6-8 x 800 @ 10K, | RES I or up to 45 min easy with strides/ | 18 to 20 Miles @ long | Crosstrain/ Yoga/ 0 to 45 min easy w/ |
| 15 | Buffering | strides/ drills | Threshold, 2M c/d | strides & drills | 400m recovery, 2M c/d | drills | run pace | strides & drills |
| 14-Apr | | | | | | | | |

Dashing Whippets 2025 Training Plan for the London Marathon (Advanced Plan)

This *advanced* 17-week plan helps runners prepare for the London Marathon. Experienced runners should have logged at least 40 miles per week for at least a month before beginning this plan and feel **Overview:** comfortable with completing two workouts per week throughout the cycle

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|---------------|--------------------------------|------------------|----------------------------------|-----------------|--------------------------|------------------|
| | | 1 | | REST, easy run, | | REST, easy run, | | REST, easy run, |
| Week | Purpose | Recovery Run | Long interval workout | or cross train | Short interval workout | or cross train | Long run | or cross train |
| | | | | Crosstrain/ | | | | Crosstrain/ |
| | | 35 min easy | | Yoga/ 0 to 35 | | | | Yoga/ 0 to 45 |
| | | with strides/ | | min easy w/ | 50-60 min easy with strides/ | | 10 - 12 Miles @ long run | min easy w/ |
| 16 | Taper | drills | 10 Miles w/ 6 @ MP | strides & drills | drills | REST | pace | strides & drills |
| 21-Apr | | | | | | | | |
| | | 35 min easy | | | | REST or 10- | | |
| | | with strides/ | 45-50 min easy w/ last 2 Miles | | | 20 min | REST or 10-20 min | London |
| 17 | Taper | drills | @ MP | REST | 30 min easy with strides/ drills | shakeout | shakeout | Marathon |

Dashing Whippets 2025 Training Plan for the London Marathon (Intermediate Plan)

This 17-week plan helps runners prepare for the London Marathon. Experienced runners should have logged at least 25 miles per week for at least a month before beginning this plan and feel comfortable **Overview**: with completing two workouts per week throughout the cycle

| Week Purpose 30-Dec Lactate | Monday Recovery Run | Tuesday | Wednesday REST, easy run, | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|---|---|
| 30-Dec | Recovery Run | | | | | | REST, easy run |
| 30-Dec | | Long interval workout | or cross train | Short interval workout | REST, easy run, or cross train | Long run | or cross train |
| Threshold, Endurance, VO2Max | 45-55 min easy with strides/ drills | 1.5M w/u; 3-4 x 1 Mile @ Lactate Threshold w/ 90 sec recovery; 1.5M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 800m recovery between 2 | REST or up to 45 min easy with strides/ drills | 12-16 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 6-Jan Lactate Threshold, Endurance, VO2Max | 45-55 min easy with strides/ drills | 1.5M w/u; 2 x 1 Mile @ Threshold + 2 x 1k @ Threshold; 1.5M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 1.5M w/u, 3 x 200/200/400 @ | REST or up to 45 min easy with strides/ drills | to include MP Miles up to 15% of weekly | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |
| 13-Jan Lactate Threshold, Endurance, VO2Max | 45-55 min easy with strides/ drills | 1.5M w/u, 2 x 2K @ Threshold + 2 x 1K @ Threshold, 1.5M c/d | Crosstrain/ Yoga/ 0 to 35 min easy w/ strides & drills | 1.5M w/u, 5-6 x 800m @ 5k w/ | ĸ⊨らι or up to 45 min easy with strides/ drills | | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| Lactate Threshold, Endurance, VO2Max | 45-55 min easy with strides/ drills | 2M w/u; 2-3 Miles @ HMP; 2M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | | REST or up to 45 min easy with strides/ drills | Racers: REST or up to 30 min easy with strides/ drills Non Racers: 12- 16 Miles @ Long Run Pace | Fred Lebow |
| 27-Jan Lactate Threshold, Endurance, VO2Max | 45-55 min easy with strides/ drills | 1.5M w/u, 8-10 x .25 Mile Hill Repeats @ HMP (equal part recovery), 1.5M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | 2M w/u, 2 x (4 x 400) @ Mile, 800m recovery between, 2M | REST or up to 45 min easy with strides/ drills | Racers: Racers: RESI or up to 30 min easy with strides/ drills Non racers: 14 to 18 Miles @ Long Run Pace | Manhattan 10K |
| 3-Feb Lactate Threshold, Endurance, VO2Max | 50-60 min easy with strides/ drills | 2M w/u; 2 x 2 Mile @ Threshold w/ 2 min recovery; 2M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | 2M w/u; 5-6 x 600 @ 5K, | REST or up to 45 min easy with strides/ drills | 15 to 19 Miles *Option to include MP Miles up to 15% of weekly volume | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |
| 10-Feb Lactate Threshold, Endurance, VO2Max | 50-60 min easy with strides/ drills | 1.5M w/u, 4-6 Miles @ MP, 1.5M c/d | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills | 2M w/u, 6 x 400 w/ 400 recovery + 8 x 200 w/ 200 | KESI or up to 45 min easy with strides/ drills | 16 to 20 Miles | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drill |

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| • | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|--|---|--|---|--|--|--|---|
| Week | Purpose | Recovery Run | Long interval workout | REST, easy run, or cross train | Short interval workout | REST, easy run, or cross train | Long run | REST, easy run, or cross train |
| 8 | Threshold, Endurance, VO2Max | 50-60 min easy with strides/ drills | min Easy, 1 Miles @ MP, 5 min Easy, 1 Miles @ HMP, 5 min Easy, 1 Mile @ Threshold, 1.5M c/d | Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 3-4 x 1600m @ 10K, 400m recovery; 2M c/d | 45 min easy with strides/ drills | Long run 14 to 18 Miles @ long run pace *Option to include MP Miles up to 15% of weekly volume | Yoga/ 0 to 45 min easy w/ strides & drills |
| 24-Feb | Lactate Threshold, Endurance, VO2Max | 50-60 min easy with strides/ drills | 2M w/u, 8-10 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4 x 200 + 2 Miles @ Threshold + 4 x 200 Racers: Run Easy | RESI or up to 45 min easy with strides/ drills | 16 to 20 Miles @ long run pace | Washington Heights 5k |
| 3-Mar 10 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 1.5M w/u, 4-6 Miles @ MP, 1.5M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 6 x 800 @ 5K, 400m recovery, 2M c/d | ドロン or up to 45 min easy with strides/ drills | 17 to 21 Miles @ long run pace | |
| 10-Mar 11 | Specific Prep, Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 4-5 x 2K @ Lactate Threshold, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 3 x 1200m @ 10K, 400m recovery + 3 x 400 @ 5K, 200m Recovery; 2M c/d | ドロン or up to 45 min easy with strides/ drills | 14-16 Miles "Option to include MP Miles up to 15% of weekly volume | NYC Half |
| 3/17 12 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 6-8 Miles @ MP, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 4-5 x 1000m @ 5K (600m Recovery), 2M c/d | ドロン or up to 45 min easy with strides/ drills | 18 to 22 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 3/24 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 8-10 x .25 Mile Hill Repeats @ HMP (equal part recovery), 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 4-5 x 1200m @ 5K, 600m recovery; 2M c/d •If running the MP Long Run, Run Easy today | REST or up to 45 min easy with strides/ drills | 18 Mile w/ 16 @ Marathon Pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 31-Mar 14 | Specific Prep, Sub Threshold, Lactate Buffering | 50-60 min easy with strides/ drills | 2M w/u, 8-10 x Canova K, 2M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u; 4 x 600 @ 5K (400m recovery); 2M c/d | REST or up to 45 min easy with strides/ drills | 18 to 22 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
| 7-Apr 15 14-Apr | Specific Prep, Threshold, Lactate Buffering | 45-55 min easy with strides/ drills | 1.5M W/u, Z X ZK @ Lactate Threshold (Roughly 15K pace)+2 x 1K @ Lactate Threshold, 1.5M c/d | Crosstrain/ Yoga/ 0 to 55 min easy w/ strides & drills | 2M w/u, 5-6 x 800 @ 10K, 400m recovery, 2M c/d | KES I or up to 45 min easy with strides/ drills | 18 to 20 Miles @ long run pace | Crosstrain/ Yoga/ 0 to 45 min easy w/ strides & drills |
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|--------|---------|---------------|--------------------------------|------------------|----------------------------------|-----------------|--------------------------|------------------|
| | | 1 | | REST, easy run, | | REST, easy run, | | REST, easy run, |
| Week | Purpose | Recovery Run | Long interval workout | or cross train | Short interval workout | or cross train | Long run | or cross train |
| | | | | Crosstrain/ | | | | Crosstrain/ |
| | | 35 min easy | | Yoga/ 0 to 35 | | | | Yoga/ 0 to 45 |
| | | with strides/ | | min easy w/ | 50-60 min easy with strides/ | | 10 - 12 Miles @ long run | min easy w/ |
| 16 | Taper | drills | 8 Miles w/ 4 @ MP | strides & drills | drills | REST | pace | strides & drills |
| 21-Apr | | | | | | | | |
| | | ან min easy | | | | REST or 10- | _ | |
| | | with strides/ | 45-50 min easy w/ last 2 Miles | | | · · | REST or 10-20 min | London |
| 17 | Taper | drills | @ MP | REST | 30 min easy with strides/ drills | shakeout | shakeout | Marathon |